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is to provide women with an excuse for visiting each other, and that it has extended their social life.

There are less than a dozen battery-operated radios in the village, and most of them have been purchased since 1944. There are also about 44 spring-driven phonographs.

DIET

As in rural Mexico as a whole, the basic diet of the people of Tepoztlán consists of corn, beans, and chile. Squash, which was reported by Redfield to be an important element in the food complex of Tepoztlán, is not part of the regular daily diet and is eaten only a few months of the year. The proportion of corn, beans, and chile in the diet varies sharply from family to family and depends upon the season, income, and food habits of the family. The consumption of corn, which is the major food staple, ranges from 10 per cent to as much as 70 per cent of the family diet. In general, the poorer the family, the higher the proportion of corn, beans, and chile in the diet.

Yellow corn is most commonly used in Tepoztlán, but blue and white corn is also locally grown and used. Corn is most frequently eaten in the form of tortillas and occasionally in the form of *atole* (gruel). Tamales made of corn dough are eaten at certain fiestas; corn *pozole* and corn *pinole* are known but are not characteristic foods in this village. The preparation of the corn dough or *nixtamal* with lime is the same in Tepoztlán as in other parts of Mexico. There is a wide variety of beans in Tepoztlán, but the most commonly eaten are red kidney beans cooked with lard, chile, and sometimes tomato and onion. Green chile, ground with onion and tomato, is prepared daily as a sauce to be eaten with tortilla and whatever other foods are served. *Chile pasilla*, a large dried red chile, is more expensive and is generally reserved for use in the fiesta *mole* sauce.

The basic diet is supplemented by many other foods which are either locally cultivated, gathered wild, or purchased in the stores and market place. Among the foods used in Tepoztlán are the following:

zapote	beans	honey
banana	avocado	spices
orange	hog plum	herbs
lemon, lime	*chirimoya*	beef
grapefruit	*mameys*	pork
chayote	papaya	chicken
manzanillos	mango	turkey
tomato	squash	milk
sugar cane	peanuts	eggs
pitos	coffee	cheese
acacia seeds	prickly pear	clotted cream

The fields, forests, and mountain sides provide many free foods the year round. There are several varieties of wild edible greens, which are important in that they

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provide food elements which the Tepoztecan diet would otherwise lack, since there is little cultivation of leafy green vegetables. But it is impossible to determine to what extent wild greens are consumed, because they are considered very poor fare, and Tepoztecans do not readily admit eating them. During times of scarcity a large number of families eat wild greens in quantity several times a week, and the chronically poor eat them regularly throughout the year. During the Revolution many families escaped starvation by subsisting almost entirely on wild plants. The names of most of these plants are native Indian terms, and are as follows:

quintoniles	*papalo*
verdolaga	*chipiles*
tesquite	*tequesquite*
pipisacos	*quelites*

Violets boiled with *tequesquite* are also eaten. The herbs are well-known spices, and medicinal grasses or leaves are used to make a variety of teas.

Additional fruits and vegetables are brought in by traveling merchants or are purchased in the large market in Cuernavaca. However, most of these are expensive and only the few well-to-do families of Tepoztlán can afford to purchase them more or less regularly. Foods not locally produced and commonly purchased in the stores of Tepoztlán, Yautepec, Cuernavaca, or Mexico City are bread,[7] sugar, salt, rice, certain types of chile and beans, noodles, and dried codfish. Chocolate is also purchased but is considered a luxury. Foods which are slowly becoming more popular but which are still purchased by a small minority are evaporated and powdered milk, canned sardines, tomato herring, or other fish.

The eating of white bread made of wheat flour is of particular interest in Mexico, since it is a relatively new trait and one which has been taken to indicate the degree of acculturation of individuals and groups. In Tepoztlán, bread is considered a very desirable food; and often the social and economic status of a family is judged in terms of the amount of bread that it consumes. From the Mexican Census of 1940, which included a question designed to estimate the number of persons who eat bread fairly regularly, we learned that over 31 per cent of the population of Tepoztlán eat bread. At present there is scarcely a family that does not eat some bread during the week or month, though it may be but once or twice. It is especially favored as a food for very small children, and even the poorest family seeks to provide a piece of bread daily for its youngest child. There is no indication, however, that bread will eventually displace the tortilla; at most, bread consumption among well-to-do families may represent about 10 per cent of the total food expenditure.

There is, of course, much variation in the actual consumption of food. Except among the wealthier families, irregularity in diet is characteristic throughout the year, and few families maintain a uniformly good diet from day to day even according to local standards. The type and quantity of food consumed is determined by the season, the fiesta calendar, and, most of all, the amount of cash on hand. "When

[7] Bread is baked locally, but wheat flour is purchased outside.